



The Journal

Vol. 27

No. 16

www.cnmc.navy.mil/bethesda/

April 23, 2015

WRNMMC Sailors, Soldiers Deploy with USNS Comfort

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center (WRNMMC) medical personnel departed on the Military Sealift Command Hospital Ship USNS Comfort (T-AH-20) in support of Continuing Promise (CP) earlier this month.

This is the ship's first deployment since 2011.

More than 40 personnel from WRNMMC, the flagship of the Military Health System, are providing medical and surgical care during the Continuing Promise 2015 (CP-15) humanitarian mission to the region of Central America, South America and the Caribbean during the six-month deployment. Seven Sailors from Fort Belvoir Community Hospital (FBCH) have also deployed on Comfort, according to Navy Capt. J.L. Vedral-Baron, the hospital's director.

The hospital ship arrived in Belize, the first of 11 stops, on April 9, and anticipates serving more than 130,000 patients. The health care providers from WRNMMC aboard Comfort, including enlisted service members, military physicians and nurses, as well as other specialists and technicians, will serve patients in Colombia, Dominica, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Jamaica, Nicaragua and Panama.

Continuing Promise 2015 is the first deployment for newlywed Information Technology Seaman Dustin Schoemith, who married his wife Katelyn before he left to meet Comfort in Norfolk, Va. He worked the help desk at WRNMMC for one month before leaving. The six-month deployment will be his first opportunity to help on a humanitarian mission, and Schoemith's first deployment on a U.S. Navy ship.

"I'm looking forward to it — acquiring experience on the



Photo by Mass Communication Specialist 2nd Class Derek Paumen

Navy Lt. Bethany God, a native of Greenville, S.C., assigned to Walter Reed National Military Medical Center, Bethesda, Md., looks inside a child's ear during a checkup at Hattieville Government School, Belize, one of two medical mission sites set up for USNS Comfort (T-AH 20) medical personnel to provide services in that country during Continuing Promise 2015.

ship, traveling to South America and helping on the mission," he said.

Ship's Serviceman 1st Class Yohannes Tesfamichael, who serves as the non-commissioned officer-in-charge of logistics at WRNMMC, said he was eager to serve on another humanitarian mission. In 2004, he supported the U.S. Marines in their role in the 14-year Liberian civil war. He said he feels privileged to volunteer time in the field and help those less fortunate who probably haven't had medical treatment in their lifetime.

The married father said his children have seen him go away on much longer deployments before. The family prepared for his tour on Comfort.

"Sometimes you have to sacrifice to help the less fortunate," Tesfamichael said.

The WRNMMC medical personnel aboard Comfort aren't the only service members with ties to WRNMMC. USNS Comfort Medical Treatment Facility Commanding Officer Navy Capt. (Dr.) Christine Sears completed a fellowship and served as a staff urologist at WRNMMC, as well as executive

assistant to former WRNMMC Commander Rear Adm. (Dr.) Alton L. Stocks between 2011 and 2012.

This is the seventh CP mission conducted under the guidance of U.S. Naval Forces Southern Command/U.S. 4th Fleet (USNAVSO/C4F), according to Mass Communication Specialist 1st Class Amy Kirk of CP-15 Public Affairs.

Kirk explained CP is a USNAVSO/C4F-conducted deployment to conduct civil-military operations including humanitarian-civil assistance, subject matter expert exchanges,

medical, dental, veterinary and engineering support and disaster response to partner nations and to show the United States' continued support and commitment to Central and South America and the Caribbean.

Recent missions of Comfort include deployments in support of Hurricanes Katrina and Rita in 2005, Operation Iraqi Freedom in 2003, Operation Noble Eagle, in response to the terrorist attack on the World Trade Center in 2001, as well as Operations Desert Shield and Desert Storm between 1990 and 1991.

Commander's Corner

April is Sexual Assault Awareness and Prevention Month, and this year's theme is "Eliminate Sexual Assault: Know Your Part. Do Your Part."

Our part at Walter Reed National Military Medical Center (WRNMMC) includes making sexual assault awareness and prevention a focus each and every day, and not just one month during the year.

In addition to our one priority at WRNMMC -- an extraordinary patient experience for every patient, every time, we must also take care of ourselves and each other in order to accomplish our mission and remain the Flagship of our Military Health System.

WRNMMC is 100 percent focused on raising awareness and the prevention of sexual harassment and assault. Sexual assault is criminal conduct, defined as intentional sexual contact characterized by use of force, threats, intimidation, or abuse of authority or when the victim does not or cannot consent. How can we prevent sexual assault? Raising awareness of what sexual assault is and training are keys to prevention. Sexual assault can happen to anyone, man or woman. We may not be able to prevent every sexual assault, but we can assist each other in preparing to be safe. Education of what sexual harassment and sexual assault are creates a better understanding, and will help us to build strategies to aid in the prevention of sexual violence.

What are some ways we can assist each other in the prevention of sexual violence? 1) Stay with a group. Arrive together, check in with each other frequently, and leave together. Make a plan to have a ride home. 2) Create a buddy system; don't be afraid to let a friend know you are worried about their safety. 3) Be aware of alcohol consumption. Alcohol is a factor in many sexual assaults; drink responsibly and stay in control; ensure your drink is never out of your sight to prevent tampering.

Despite prevention techniques, sexual assault can still happen. It is important that you seek help if you are a victim of sexual assault. What reporting options do victims of sexual assault have?

Restricted reporting is an option for victims



Capt. Sarah Martin
Chief of Staff,
WRNMMC

of sexual assault who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and services without triggering the official investigative process. Under this policy, service members or dependents who are sexually assaulted and desire restricted reporting must report the assault to a 1) sexual assault response coordinator (SARC), 2) sexual assault victim advocate, 3) volunteer victim advocate (VVA) or 4) health-care personnel. If an assault were to occur off base, some states have mandatory reporting requirements which will automatically trigger an investigation.

Unrestricted reporting is an option for victims of sexual assault who desire medical treatment, referral services and an official investigation of the crime. When selecting unrestricted reporting, you should use current reporting channels, such as your chain of command, law enforcement, or report the incident to the sexual assault response coordinator (SARC), or request health-care personnel to notify law enforcement. Upon notification of a reported sexual assault, the SARC will immediately assign a victim advocate (VA). At the victim's discretion/request, health-care personnel shall conduct a sexual assault forensic examination (SAFE), which may include the collection of evidence. Details regarding the incident will be limited to only those personnel who have a legitimate need to know.

The Sexual Assault Prevention and Response (SAPR) office onboard NASB is located in Bldg. 11, Rm. 119. The SAPR Victim Advocate, available 24/7, can be reached at 301-442-8225. The SAFE Helpline is also available 24/7 at 1-877-995-5247. The installation Sexual Assault Response Coordinator can be reached at 301-442-2053.

More information about sexual assault awareness and prevention is also available at the DoD Safe Helpline -- www.safehelpline.org/understanding-sexual-assault.cfm; the Department of the Navy SAPR --- www.donsapro.navy.mil; Military One Source -- <http://www.militaryonesource.mil>; National Sexual Violence Resource Center -- <http://www.nsvrc.org/> ; and Army Sexual Harassment/Assault Response and Prevention -- <http://www.sexualassault.army.mil/index.cfm>.

Bethesda Notebook

Celebrate Occupational Therapy Month

Occupational Therapy (OT) helps people with physical, mental, or cognitive problems live independently in their homes and communities. OT is client centered: the rehab process is driven by our patients' wants, needs and priorities. Please join us as we celebrate 98 years of helping clients to live life to its fullest! The event will be held Friday, April 24 from 11:30 a.m. to 2 p.m. in the 1st floor lobby of the America Building (Bldg. 19). OT was founded in the early 1900s when health professionals noticed that patients who were engaged in productive and meaningful activities recovered more quickly. This realization pushed the development of a discipline focused around the use of activity to promote recovery and health. As rehabilitation professionals, occupational therapists help clients return to their level of functional independence prior to illness or injury. They help patients to develop through use of adaptive and compensatory techniques to maximize functional independence.

Melanoma Awareness Day

The John P. Murtha Cancer Center at Walter Reed Bethesda, the Department of Defense's only Center of Excellence for Cancer Care, will host Melanoma Awareness Day at the medical center on May 1. Information sessions will be from 8 a.m. to noon in Memorial Auditorium, Bldg. 2, 3rd floor. No registration is required and walk-ins are welcomed. The day's events will also include free skin cancer screenings from 1 to 4 p.m. in the Dermatology Clinic, America Bldg., 3rd floor. Appointments are required for the screening and registration can be done in advance at 301-400-0477 through April 30, at the Dermatology Clinic on May 1 between 8 a.m. and noon. For more information, call Baredu Ahmed at 301-400-0477.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. David A. Bitonti
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

NSAB Emergency Information Line 301-295-6246
NSAB Ombudsman
Michelle Herrera 240-370-5421

Journal Staff

Managing Editor MC3 Hank Gettys
WRNMMC Editor Bernard Little

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sarah Marshall
Katrina Skinner
Sharon Renee Taylor

NSA Bethesda
Fleet And Family Support Center 301-319-4087

Walter Reed National Military Medical Center
Office of Media Relations 301-295-5727

NSAB Chaplain's Office 301-319-4443/4706

Sexual Assault Response
Coordinator Hotline 301-442-2053

Visit us on Facebook:

Naval Support Activity Bethesda page:
<https://www.facebook.com/NSABethesda>
Walter Reed National Medical Center page:
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>
Uniformed Services University of the Health Sciences page:
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts>

First Receivers Excel at Mass Contamination Exercise

By MC1 (AW)
Chris Krucke
WRNMMC Public Affairs
staff writer

The students cheered as they heard the news: "The target goal for this exercise was 15 minutes; you did it in seven minutes and 25 seconds."

The good news came from Tom Bocek, an instructor who recently led the Medical First Receiver's Operations Training (FROT) mock mass contamination exercise at Walter Reed National Military Medical Center (WRNMMC).

The exercise, held April 1, was the culmination of the three-day Occupational Safety and Health Administration (OSHA) required training course for the Hospital Decontamination Team at WRNMMC. The goal of the timed exercise was to determine how long it would take students to don protective equipment and to fully deploy and set up WRNMMC's Portable Decontamination Shelter to receive casualties exposed to chemical, radiological or biological agents.



Photo by Mass Communication Specialist 1st Class Christopher Krucke

Students erect a mobile decontaminating system during a training drill at the Walter Reed National Military Medical Center.

According to Bocek, the course is designed to train medical staff at Department of Defense Medical Treatment Facilities (MTFs) to keep a cool head, don protective gear, set

up a medical warm zone, and efficiently operate a decontamination system for what is sometimes referred to as "the worst day in medicine."

"In a mass-casualty sce-

nario like this, the only way to keep an MTF operational is to decontaminate patients prior to entry [into the MTF]," Bocek said. "If contaminated patients were allowed inside the MTF it could potentially contaminate the facility and staff, thus shutting down the MTF's ability to operate and save lives."

In order to decontaminate simulated patients prior to enter the MTF, students were given 15 minutes during the drill to construct and make operational a portable decontamination system, "and they did it in half that time," said Bocek.

The decontamination system used by WRNMMC is a large tent with three lanes — one for the ambulatory (walking) men, one for ambulatory women, and a third for patients who have collapsed and will have to be decontaminated by the team on a conveyor system.

The system uses a water heater to ensure patients get a temperature-controlled shower aimed at 98.6 degrees,

or human body temperature. The hot water prevents hypothermia, while also opening the skin's pores, flushing out contaminants deeper into the epidermis.

"Although this is a timed exercise, it is extremely important that our team members work together," said Chris Gillette, WRNMMC's command emergency manager.

"Team roles and assignments are extremely important, as there are multiple tasks that must be completed in very short periods of time. These include donning PPE [personal protective equipment], unloading the portable decontamination shelter, retrieving all equipment, accessing the fire hydrant for a water source and ensuring all equipment is fully operational prior to the arrival of casualties," Gillette explained.

Bocek added that WRNMMC has a great decontamination team of motivated professionals, "from the lowest ranking member to top

See **EXERCISE** page 6

**JOIN
NOW!**

**BETHESDA
BOXING & KICKBOXING
ACADEMY**

**Discounts offered to
Walter Reed Medical
Center Personnel**

FREE CLASSES

Now through the end of April.

Inquire for more details.

- **Small group classes:** Burn 1,000 calories during 1 hour kickboxing and boxing class
- **Power Yoga:** Loosen tight muscles and build relaxation
- **Myofascial Stretch Therapy:** increase flexibility and avoid injury

Special Technique Classes

Jui-Jitsu, Muay Thai Club
and Wounded Warrior

View Class Schedule at

www.facebook.com/bethesdaboxing

Studio Information:

Bethesda Boxing & Kickboxing Academy
4940 St. Elmo Avenue, Bethesda, MD 20814

Parking: The [Cordell-St. Elmo Public Parking Garage](#) is conveniently located directly across from the studio

Call Today!

301-656-3098



Employees Encouraged to Participate in Federal Viewpoint Survey



Courtesy Photo

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Beginning this month, the Office of Personnel Management (OPM) will administer the 2015 Federal Employee Viewpoint Survey (FEVS) and select a random sampling of National Capital Region Medical Directorate (NCR MD) employees to complete it.

Employees selected

for the survey will receive an email invitation and are encouraged to promptly complete the survey, which takes approximately 20 to 30 minutes. Responses are confidential.

OPM officials explain the survey “is a tool that measures employees’ perceptions of whether, and to what extent, conditions characterizing successful organizations are present in their agencies. Survey results provide valuable insight into the challenges agency leaders face in ensuring the federal government has an effective civilian workforce and how well they are responding.”

“Your honest and constructive thoughts about your work environment are essential; it gives us the best information to determine areas where we excel, where improvement is needed, and to share those lessons across the agency,” stated Rear Adm. (Dr.) Raquel Bono, director of the NCR MD, in a memorandum to NCR MD civilian employees.

Bono added the NCR MD’s “organizational effectiveness is derived by the extraordinary innovation, dedication, and creativity of our most valuable resource: [NCR MD staff members]. This is why it’s paramount that every selected employee participates to capture an accurate picture.”

“We have a lofty mission in providing exemplary patient and family care to our Nation’s heroes,” Bono continued. “Together, with your valuable insights, we will continue to build a legacy of pride and inspiration in the workplace,” she concluded.

The NCR MD is part of the Defense Health Agency (DHA) and exercises authority, direction and control over the Walter Reed National Military Medical Center, Fort

Belvoir Community Hospital, and their subordinate clinics; DiLorenzo TRICARE Health Clinic, Tri-Service Dental Clinic, Fairfax Health Center and Dumfries Health Center and the Joint Pathology Center (JPC).

The NCR MD also exercises enhanced Multi-Service Market authorities over these DHA facilities and Naval Health Clinic Quantico and its subordinate Washington Navy Yard Branch Health Clinic; Naval Health Clinic Annapolis, Kimbrough Ambulatory Care Center and its subordinate Andrew Rader Army Health Clinic and Fort McNair Army Health Clinic; and Malcolm Grow Medical Clinic and Surgery Center (779th Medical Group), and its subordinate Pentagon Flight Clinic; and Bolling Clinic (579th Medical Group).

According to NCR MD officials, approximately 1,000 civilians, or 29 percent of the NCR MD federal employee staff, participated in the 2014 survey, which touched on such areas as employees’ work unit, agency, supervisors, leadership, job satisfaction, work experience and work/life balance. The 2015 survey questions are based on the 2014 survey.

OPM officials explain last year’s survey was administered from April through June 2014 to permanent executive branch employees and completed by more than 392,700 federal workers, for a response rate of 46.8 percent. The most positively rated item from the 2014 survey (96 percent positive) was to the statement, “When needed I am willing to put in the extra effort to get a job done.” The most negatively rated item on last year’s survey (54 percent negative) was to the statement, “Pay raises depend on how well employees perform their jobs.”

NAVY
FEDERAL
Credit Union

APPLY TODAY!
1-888-842-6328 • navyfederal.org

Federally insured by NCUA. *100% financing loans include an additional funding fee, which may be financed up to the maximum loan amount. †Special offer available for purchase and refinance first mortgages. Certain product exclusions may apply. Good Faith Estimate (GFE) and Truth-in-Lending Disclosure (TIL) from competing lender must be dated and received within 5 calendar days of locking your interest rate at Navy Federal. The terms of the competing loan must be identical to Navy Federal's loan. If the loan does not close within the commitment period, the rate match may be voided. To receive \$250, you must provide a signed, executed copy of the final HUD-1 Settlement Statement and a copy of the mortgage note within 30 calendar days of your loan closing with another lender. Offer not valid if original loan terms or conditions change prior to closing. Once approved, \$250 will be automatically deposited into your Navy Federal account within 30 calendar days of receiving the necessary documentation. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this cash incentive. *This Freedom Lock option is a special offer, effective June 3, 2011, and subject to change at any time. Offer is available for new applications on purchase loans only at no additional fee, with a maximum interest rate reduction of up to 0.25%. You will have the opportunity to re-lock one time if rates improve. You must contact your loan officer to re-lock a minimum of 7 calendar days prior to settlement/closing, and your loan must close within 60 days of initial lock. †Cash back from \$400 to \$5,050 is available in most states. You must register with RealtyPlus before contacting a real estate agent and be represented by the assigned real estate firm at closing to qualify. Contact RealtyPlus for terms and conditions. © 2015 Navy Federal NFCEU 13211 (2-15)



For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.

USUHS Class of 2018 Don White Coats

By Andrew Damstedt
NSAB Public Affairs
staff writer

With the help of family and friends, the Uniformed Services University of the Health Sciences (USUHS) Class of 2018 donned their white coats at a campus ceremony April 10, in which the medical students were reminded to treat patients with humanity.

“I feel like it’s very meaningful to don these coats now because there have been trials and tribulations and it’s not just entering into something,” said Navy Ensign Brett Monson, making reference to the fact that he and his classmates got their white coats after the first year of medical school, rather than the first day as is practiced by other medical schools.

Approximately 170 first-year USUHS medical school students put on their white coats and then recited the Hippocratic Oath led by Dr. Arthur Kellermann, USUHS



Photo by Andrew Damstedt

Cmdr. (Dr.) Adam Saperstein, Uniformed Services University of the Health Sciences (USUHS) assistant professor of family medicine, speaks at the USUHS Class of 2018 White Coat Ceremony April 10 in which approximately 170 medical school students donned their white coats in front of family members and friends.

F. Edward Hébert School of Medicine dean.

“The art of medicine is about going beyond the technical aspects of treatment, surgery, procedures and tests, to caring for a patient,” Kellermann said. “The art of medi-

cine is about using and valuing the power of a smile, the power of touch, and the power of a tear.”

Guest speaker, Cmdr. (Dr.) Adam Saperstein, USUHS assistant professor of family medicine, told the students

they should learn to succor their patients.

“We have to see the humanity of each person for whom we have the opportunity to care for,” Saperstein said. “We must learn to see them not as walking diseases but as people who have injuries and/or diseases and have come to us for care.”

He continued to say that not every day would be “a ray of sunshine, but I do know that every day you will have the opportunity to offer succor to others, to make a connection, to experience an intimacy with your fellow human being. And that is a gift beyond measure.”

The white coat ceremony has been a part of USUHS’ culture for nearly 20 years, said Col. Lisa K. Moores, USUHS associate dean for student affairs.

“In the practice of medicine, we are always running a fast pace to keep up with the science of medicine and this is, for certain, a major responsibility; at the same moment entering into a full human

understanding of the patient is also a critical ingredient of medical practice,” Moores said.


USUHS President (Dr.) Charles Rice reminded the students that they had undertaken a great responsibility in choosing the medical profession.

“I want you to wear the coat with pride – pride in what you have accomplished so far. Pride in your admission to this ancient and honorable profession,” Rice said. “I also want you to wear the coats in humility. Humility for how much we don’t know, how much you will have to learn through the rest of your career. And humility in the great responsibility that has been given to you.”

Army 2nd Lt. Andrew Jacobson said the ceremony was an important step in their medical education and was a reminder of why so many of them went to medical school.


“The reason we’re doing this is for the people

See USUHS page 6



BMW of Silver Spring

bmwofsilverspring.com
1.866.303.2101



The Ultimate Driving Machine®


BMW OF SILVER SPRING IS PROUD TO BE A PREFERRED DEALER FOR USAA MEMBERS

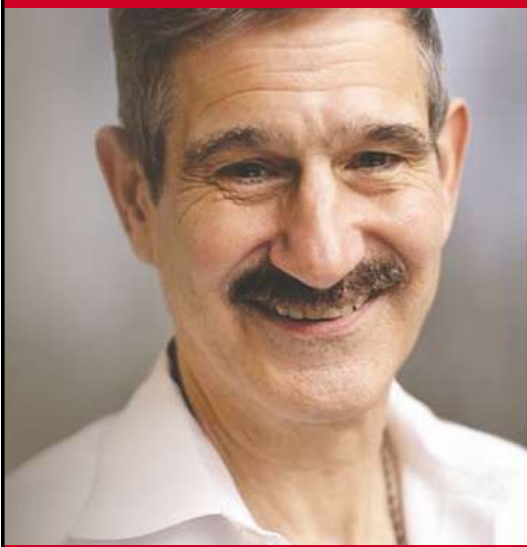

Make your best deal and then receive an additional Domestic Military Program Discount **up to \$2,000 on select new BMWs**

Visit BMW of Silver Spring for Details

BMW of Silver Spring
3211 Automobile Blvd., Silver Spring, Md. 20904
Sales Direct: 1.866.303.2101

* Up to \$2,000 discount vary by model. 2015 & 2016 new BMW models only. Contact new car sales department for details





MEDIC AGAINST BOMB

A Doctor's Poetry Of War

FREDERICK FOOTE

Poet, doctor and retired Navy Captain, Fred Foote

Staff and Patients: This award-winning poetry book honors YOU!

Frederick Foote's *Medic Against Bomb* salutes our Wounded Warriors and extols the healing feats of our Military Medics. Poems About Walter Reed Bethesda and USNS COMFORT

1200-1300 MON 4 MAY: Multimedia performance and discussion, USUHS BLDG E (Lecture Hall F)
1200- 1300 THURS 7 MAY: Stages of Healing multimedia performance, America Lobby
1200-1300 FRI 8 MAY: Book sales and signing, Navy Exchange Uniform Center, Main Street BLDG 1, WRB
1100-1230 SAT 9 MAY: Book sales and signing, Main Navy Exchange, NSA/B

Available at Navy Exchanges nationwide
See www.medicagainstbomb.com.

We've got you covered for Memory Care, Senior Living, Nursing & Rehabilitation

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare, Springhouse and Arden Courts names. By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.
Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410

Springhouse 

Our senior living residences provide a sensible mix of security, socialization and health care when needed. A gracious home with the support seniors need to lead full and independent lives can be found in:

Bethesda • Silver Spring • Westwood
888.478.2410



EXERCISE

Continued from pg. 3

leadership,” committed to saving lives. “[WRNMMC] is an impressive and pleasurable group to work with,” he said.

“When I asked the team if they felt as if they were ready for a real incident, they answered with a resounding, ‘Absolutely,’” Bocek continued. “This training is so important to our nation’s medical readiness capability [because] our world isn’t getting any safer, and we need to be ready.”

“This course is another example of

how our staff is continually engaged in all-hazards training,” said Gillette. “We must be able to rapidly respond to any emergency at any time to ensure the safety of our staff, patients, and visitors, [as well as] protect our facility.”

Upon completion of the course the graduates will receive a certification in OSHA’s Hazardous Waste Operations to the operations level and also receive Department of Defense Medical Personal Development Center, continuing education units for nurses and also nationally registered emergency medical technicians.

USUHS

Continued from pg. 5

we’re going to be treating and to really keep the focus on our future patients, rather than simply on the scientific knowledge that we’re studying,” Jacobson said. “While the knowledge is very important, the way we’re going to apply it is what is going to make a difference.”

Vice Adm. Sean Pybus, Deputy Commander, U.S. Special Operations Command, came to watch his son,

Navy Ensign Alexander Pybus, put on his white coat and said he was “very proud” of what his son had achieved so far in medical school.

“I’m particularly pleased that there’s clearly a talented cadre of instructors and mentors that can provide proper guidance and some of the humanity with which they talked about today,” Pybus said. “His mother and I believe that he’s found something that he truly believes in and has every intention to pursue to completion.”

The ceremony can be viewed online on the USUHS YouTube channel.

Professional Services

Call 301-670-7106

Clinical Research

Clinical Research



Volunteers needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Rockville MD office.

Donations occur at our Bethesda and Germantown, MD offices by board certified physicians. Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

AD-Bone Marrow 12/08

For more information, or to schedule an appointment:
Toll free: (888) 926-9211
Email: donorinfo@lonza.com

Lonza

T6617470

Reach over
125,000
military
personnel,
their families
and
the surrounding
areas

Advertise Your
Professional
Service Here

Call
301.670.7106

HCR ManorCare 
Heartland • ManorCare • Arden Courts • Springhouse


CLASSIFIEDS

Call 301-670-7100 or
email class@dc military.com



**BUY IT,
SELL IT,
FIND IT**

- Furniture
- Pets
- Auctions



**SELL YOUR
VEHICLE**

As Low \$19⁹⁹
As

- Domestic Cars
- Motorcycles
- Trucks for Sale



**CLASSIFIED
DEADLINE**

Monday 4pm

- Homes for Sale
- Condos for Rent
- Shared Housing



Careers

See more listings online

- Career Training
- Full Time Employment
- Part Time Employment

Houses for Sale Montgomery County

GAITHERSBURG: 4br 2.5ba TH, \$1900 full fin bsmt, NEW Apps, Hd wd flrs Avail now! 202-445-6030

Condos for Sale Montgomery Co.

CLARKSBURG: 3 BR 2.5 BA fitness, pool, \$1650 + utils, Avail Now! Sec Dept Req (240)418-6071

Houses for Rent Fred/Wash County

FREDERICK: 2310 sqft TH, 4BR, 3.5BA, 3lvl SunRm, Window Treatment. \$1650. 301-300-4182.

Houses for Rent Montgomery Co.

BETHESDA: 2Br, 1Ba, walk to Mont Mall & trans hub, \$1500 mo incl gas/water, NP/NS Call: 240-357-0122

CLARKSBURG: A beaut bright, cheery TH 3lvl, 3br, 2.5ba, w/2 car gar, hrdwd flrs, w/d, finsh rec rm, \$2100 + utils. Avail Now. 240-426-0730

Houses for Rent Montgomery Co.

GERMANTOWN: 4BR, 2.5BA TH. FP, 2 decks. Near shops & library. HOC okay. \$1850. 240-383-1000

N POTOMAC: SFH, 4Br, 2Ba, fpl, deck, h/w floors 2 car grg, Wootton HS \$2750/mo Call: 301-442-5444

Furnished Apartment Prince Georges County

LANGLEY PARK: Bsmt, priv entr, W/D good for one person, \$875 utils inc + SD 301-434-6797 or 301-455-7662

Condos For Rent

CABIN JOHN: 1 bd con-do close to DC & VA near C&O canal and bike path \$1500 Call 301-299-8024

GERMANTOWN: 2BR, 2BA remodeled. Near bus, shops & 355. \$1390 incl water. 240-888-0592

GERMANTOWN: 3BR, 2BA, pkg, 3rd lvl. Near 270/shops Fully renovated. Pool \$1,650+utils 240-899-1694

Condos For Rent

MONTGOMERY VILLAGE: 3BR 2 BA, Fully Furnished walking distance library near bus & metro \$1995 Avail Now! Call 240-643-8842

Shared Housing

LEISURE WORLD: 1BR, 1BA in 2BR CONDO SHRD LR, KIT, DR, W/D. \$725 INCL UTILS. MUST BE AT LEAST 50 YRS OLD. 443-687-3881

LOTHIAN: Priv NS bsmt apt w/lg windows, in upscale SFH, 900 sqft, 1BR, 1BA, No pets. 10mins to AAFB, 20mins to DC. Avail now. \$920/ mo. incl utils + cable & wifi. Call: 202-288-8778

GAITHERSBURG: Rm w/pvt BA in SFH \$550 Plus Utils 1st and Last Month in Advance Deposit Req. Call 240-606-7259

MONT VILL: Rm for rent in condo, prvt ba, shrd kit, nr shops/bus. \$600 all utils incl NP/NS. Call 301-602-0040

ROCKVILLE: 1Br share bath in SFH. Male \$500 utils cable incl. Near Metro/ Bus NS/NP 240-483-9184

ROCKVILLE: clean Lg BR QN Bed, Kit, FR, TV, Int, shr BA, util incl, \$650/mo Please Call: 301-424-8377

Shared Housing

SILVER SPRING / COLESVILLE: BR w/private Ba, Lrg SFH, NS/NP, \$750 includes utils/int, nr ICC, 495 & Metro! Deposit Required! 301-861-9981

SILVER SPRING /COLESVILLE: Studio 1Rm, w/priv Ba & entr No cooking, \$875. Call: 202-460-6767

SILVER SPRING: Furnished 1BD, shrd BA in SFH. Shrd kit & entire house. \$600 incl utils. 301-346-9518

Vacation Place Rent

MYRTLE BEACH: Condo 3bedroom 2bath, Sleeps 8, Free Golf, Wifi, HDTV, Tennis Amenities. \$895/per week 301-977-4227

Moving/Estate Sale

ESTATE SALE: 9117 Fall River Lane, Potomac, 40 Years, 4/24 10-5, 4/25 9-5, 4/26 10-5, Vintage, Mid-Century, Furn., Decor, Cash, CCDs, EstateMAX.net

Yard/Garage Sale Montgomery County

DAMASCUS: Estate Yard Sale, Sat April 25 & 26, 9-2pm. Tools, Plumbing Co inventory, hh items, jewelry, clothing, furn, office supp, workout equipment and more! 24709 Kings Valley Road

DUFIEF COMMUNITY YARD SALE

Sat.-April 25, 9a-12p
Rt. 28 to DuFief Dr.
N. Potomac 20878
Follow Signs

OLNEY: Sat, 04/25 9-4pm. Barely used furn and hh items. Designer women sizes 4-8 Pre-teen 10-14. 3819 Gelding Lane

SILVER SPRING: Sun 04/26 8-3, lots of kit items, vintage vinyl albums, clothes/access, kit chair set, FR/LR furn, kids toys & games, Judaic & secular books, 11714 Lovejoy Street

Miscellaneous For Sale

HUGE USED BOOK SALE: Sat April 25th, 8:30-3pm. Adult and kids books. Wyngate Elem. 9300 Wadsworth Drive, Bethesda

Pets

AMERICAN BULLDOG PUPPIES FOR SALE: Fauquier County, Va. 2M/2F, 8wks, Scott lines, white w/blk markings. Vet insp. shots, wormed/weaned. Delivery avail in N Virginia. \$500/ea. 540-222-0208.

Healthcare

Dental/ Medical Assistant Trainees Needed Now

Dental/Medical Offices now hiring. No experience? Job Training & Placement Assistance Available
1-888-818-7802
CTO SCHEV

Motorcycles

'12 YAMAHA FZ6-R600: 3500mi, excl cond, red/blk, 2 helmets/jackets, \$5k, 301-467-7421

**When you
run your ad
in our
military
newspapers
and on our
website
you'll get
your stuff
SOLD!**




NOW is the time to
sell your auto
and it's **FREE!**

Log on to **DCMilitary.com**

GAZ_AUTO_FRONT_3.CRTR

www.DCMilitary.com

Find valuable career
training here and online.





Spring Cleaning,
Downsizing,
Simplifying?
Let us help you
sell your items
and turn your

**Clutter into
Cash!**


Place your advertisement today
2 weeks, \$20*

CALL TODAY 301-670-7100

*Merchandise for sell only, excludes real estate, rentals and autos

GAZ_PRIVATE_PARTY_2X4.ROP


MILITARY FAMILIES & MILITARY RETIREES*




JOHNS HOPKINS
MEDICINE
US FAMILY HEALTH PLAN

ARE YOU ELIGIBLE FOR TRICARE PRIME®?


Find out how to receive your benefits through the Johns Hopkins US Family Health Plan



ATTEND OUR FREE INFORMATION BRIEFING
Thursday, April 30, 2015
5:30 p.m. Light buffet • 6:00 p.m. Briefing begins
Gilchrist Hall
Johns Hopkins University Montgomery County Campus
9601 Medical Center Drive • Rockville, Maryland 20850
Reserve your spot: Call 1-800-801-9322
Retirees under age 65 only



JOHNS HOPKINS
MEDICINE
US FAMILY HEALTH PLAN




TRICARE®

www.hopkinsmedicine.org/usfhp

*Military Retirees under age 65 with TRICARE eligibility can enroll in the Plan. TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

1050945




dcmilitary**Ed**.com
Your Higher Education Resource

The NEW DCMilitaryEd.Com provides you with school profiles, such as Georgetown University, American Military University and University of Phoenix.

The new resources section also offers information on schools with military programs, aid and Yellow Ribbon programs. With DCMilitaryEd.com's resources, you'll be able to use you military education benefits and further your career.

Visit www.DCMilitaryEd.com today





Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility



EuroMotorcars
BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos used for advertising purposes only.

1050775